

The Becoming A Man program empowers young men to develop the social and emotional skills needed to thrive.

BAM is a school-based group counseling and prevention program that creates a safe space for young men in 6th-12th grades to express themselves and develop the social and emotional skills necessary to succeed in school and beyond.

WHY BAM WORKS



IT'S AN EVIDENCED-BASED PROGRAM

that is backed up by a Randomized Controlled Trial (RCT) conducted by the University of Chicago's Urban Labs.



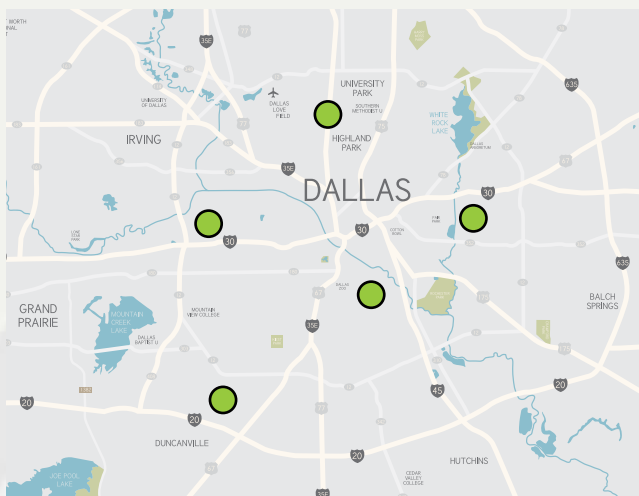
IT INTEGRATES CLINICAL THEORY AND PRACTICE

men's rites of passage work, and a dynamic approach to youth engagement.



IT DELIVERS ON OUR MISSION

of "meeting students where they are," by providing ongoing basic, social-emotional, and mental health supports to our students.



BAM IN DALLAS

BAM was launched in 2011 after its success in Chicago and a careful mutual selection process with Dallas Independent School District, BAM launched in Dallas in Fall 2021, serving five schools.

HOW BAM WORKS

- ▶ Delivered via weekly 50 minute group counseling sessions in "Circles" of 12-15 students during the school day.
- ▶ Circles are led by BAM youth specialists, who are college-educated and Youth Guidance staff, many of whom are from the neighborhoods they work in and/or have shared lived experiences.
- ▶ Youth specialists maintain a caseload of ~55 students or 4-6 BAM Circles at one school and are accessible to students for individual sessions to ensure that all students' needs are met.
- ▶ Youth specialists embed themselves into our partner sites' ecosystem by joining school teams, including Behavioral Health Teams, and provide a level of student support that is uncommon in many urban

BAM CORE VALUES

BAM's curriculum is organized around six core values, which are explicitly aligned with academic-based social-emotional learning standards that include self-awareness, self-management, social-awareness, and responsible decision making.

→ INTEGRITY

Students learn that a man is someone who is reliable, honest, and in touch with his virtues.

→ ACCOUNTABILITY

Students learn that they should be responsible for the choices they make and take ownership for their feelings, thoughts and behaviors.

→ SELF-DETERMINATION

Students learn the importance of focus and perseverance in reaching one's goals and learn to deal with self-defeating feelings, thoughts and behaviors.

→ POSITIVE ANGER EXPRESSION

Students learn anger management, coping skills and effective techniques to express anger.

→ RESPECT FOR WOMANHOOD

Students are challenged to take a critical look at the values and actions that represent positive experiences and appreciation for women.

→ VISIONARY GOAL-SETTING

Students learn to envision their futures and make clear connections between current behaviors, attitudes, values and visions.



To learn more about the BAM program in Dallas, please scan the QR code or email info@youth-guidance.org.

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GUIDANCE**
GUIDING KIDS TO BRIGHT FUTURES

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“**BAM HELPED ME TO SEE MYSELF AS MORE THAN AN ATHLETE. IT HELPED ME TO PRIORITIZE BOTH SCHOOL AND SPORTS, AND THAT HAD ALWAYS BEEN A STRUGGLE FOR ME.**

Now, I am able to talk to my BAM circle and counselor about how I feel, and have a true safe space aside from what I've found with my football teammates. Those guys want to see me do well too.”

– BAM SOPHOMORE